



## CRANBERRIES, DRIED, SLICED

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Code: A291

### PRODUCT DESCRIPTION

- Dried sliced cranberries are processed from U.S. Grade B or better cranberries. Sugar or other sweeteners may be added. They may be sprayed lightly with oil before packing to prevent clumping.

### PACK/YIELD

- Cranberries are packed in a 30 ounce bag, which is about 28 servings (about ¼ cup each) of fruit.

### STORAGE

- Store unopened packages in a cool, dry place.
- After opening, keep package tightly closed with a plastic tie or rubber band, or store cherries in a re-sealable plastic bag.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Dried cranberries are a quick and easy snack, and can be eaten right out of the package.
- Use in trail mix, quick breads, muffins, desserts, sauces, salsa, and salads.
- Sprinkle dried cranberries over cold or cooked cereals.
- Toss dried cranberries in fresh vegetable salads and pasta salads.

### NUTRITION INFORMATION

- ¼ cup of dried cranberries counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruits.

### FOOD SAFETY INFORMATION

- Check dried cranberries for unknown material, insects, or mold before use.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: ¼ cup (30g) dried cranberries

#### Amount Per Serving

<b>Calories</b>	90	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	<b>0%</b>	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 0mg	<b>0%</b>	
<b>Total Carbohydrate</b> 25g	<b>8%</b>	
Dietary Fiber 7g	<b>7%</b>	
Sugars 20g		
<b>Protein</b> 0g		
Vitamin A 0%	Vitamin C 0%	
Calcium 0%	Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.

## CRANBERRY GRANOLA BARS

**MAKES 24 SERVINGS**

### Ingredients

- ½ cup honey
- 2 tablespoons + 1 teaspoon brown sugar
- 1 tablespoon + 1 teaspoon oil
- 1½ cups oats
- 1¼ cups toasted rice cereal
- 1¼ cups dried cranberries

### Directions

1. Preheat oven to 350 degrees F.
2. Combine honey, brown sugar, and oil in a small saucepan. Heat over low heat until well mixed and sugar melted.
3. Mix in oats, rice cereal, and cranberries. Add honey mixture and stir until thoroughly combined.
4. Pat firmly into an 8x8-inch baking pan.
5. Bake for 15 minutes; press mixture firmly, once more, into the bottom of the pan. Bake 5 more minutes.
6. Cool completely. Refrigerate at least one hour for easier cutting. Cut into 4x6-inch bars.

Nutrition Information for 1 serving of Cranberry Granola Bars							
Calories	70	Cholesterol	0 mg	Sugar	11 g	Vitamin C	0 mg
Calories from Fat	10	Sodium	15 mg	Protein	1 g	Calcium	5 mg
Total Fat	1 g	Total Carbohydrate	16 g	Vitamin A	7 RAE	Iron	0 mg
Saturated Fat	0 g	Dietary Fiber	1 g				

*Recipe adapted from Oceanspray.com.*

## CHICKEN AND CRANBERRY SALAD

**MAKES 4 SERVINGS**

### Ingredients

- 12 ounces (1 ½ cups) cooked chicken, diced
- ½ cup light Italian dressing
- 1 cup dried cranberries
- 2 tablespoons sliced almonds (if you like)
- 1 head of Romaine or green lettuce, chopped

### Directions

1. Toss chicken and cranberries with dressing. If using almonds, add that too.
2. Serve on a small pile of chopped lettuce.

Nutrition Information for 1 serving of Chicken and Cranberry Salad							
Calories	330	Cholesterol	75 mg	Sugar	21 g	Vitamin C	39 mg
Calories from Fat	90	Sodium	290 mg	Protein	30 g	Calcium	85 mg
Total Fat	10 g	Total Carbohydrate	31 g	Vitamin A	2775 RAE	Iron	3 mg
Saturated Fat	1 g	Dietary Fiber	6 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.*